



B.J. Walker, Commissioner  
Gwendolyn B. Skinner, Division Director

Georgia Department of Human Resources • Division of Mental Health, Developmental Disabilities and Addictive Diseases  
Two Peachtree Street, NW • Suite 22.224 • Atlanta, Georgia 30303-3142 • 404-657-7857

## TRAINING ANNOUNCEMENT

### THE SEVEN CHALLENGES:

### *Helping Adolescents Make Wise Decisions About Alcohol & Drugs*

**To:** Providers for Mental Health, Addictive Diseases and Co-Occurring Disorders Services for Youth  
Regional Coordinators  
Regional Hospital Administrators

**From:** Neil Kaltenecker, Director, Office of Addictive Diseases

**CC:** Division Management Team

**Date:** September 14, 2006

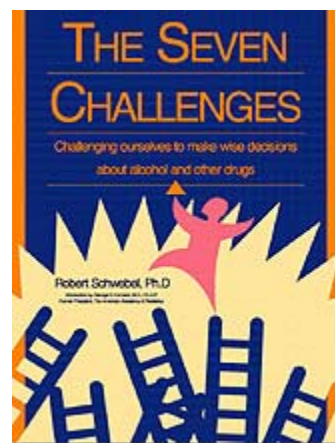
The purpose of this memo is to announce the continuation of a series of training events designed to train clinical service providers in an evidence-based approach to substance abuse treatment for adolescents.

**Title:** **THE SEVEN CHALLENGES: *Helping Adolescents Make Wise Decisions About Alcohol & Drugs***

**Background:** The Division's Office of Addictive Diseases seeks to encourage the use of treatment methods for youth that can be implemented within a variety of treatment settings, in order to expand services available for adolescents with substance use problems. For the second year, the Division is sponsoring The Seven Challenges.

**The Seven Challenges® Program** is designed for adolescent and young adult substance abusing or substance dependent individuals, to motivate a decision and commitment to change. It helps young people look at themselves, understand what it takes to give up a drug abusing lifestyle - and prepare for and attain success when they commit to such change.

The Seven Challenges is a comprehensive program that is developmentally appropriate, research based, culturally sensitive and holistic. It was founded and authored by Robert Schwebel, Ph.D. and has been used as a treatment approach with youth across the country. Through a series of trainings and support checks throughout the year, the Seven Challenges is able to ensure that organizations are providing the best treatment possible to their consumers. The Seven Challenges is licensed to a number of treatment agencies nationwide and Dr. Schwebel is now



partnering with the State of Georgia to provide training and support to Georgia's service providers.

The Seven Challenges is now being used around the country in public and private schools, outpatient treatment, private practices, group homes, residential treatment, in-home services and juvenile correctional facilities. The effectiveness of the program has been demonstrated in an independent evaluation conducted by researchers at the University of Arizona. Please see

<http://www.sevenchallenges.com/> for additional program information.

**Presenter:** Robert Schwebel, Ph.D. is nationally known for his lectures, consulting and training workshops. For many years Dr. Schwebel has directed drug prevention and treatment programs. He began the initial development of the Seven Challenges in 1992, in Tucson, Arizona. In addition to his psychology practice, Dr. Schwebel is active in the media, appearing on a number of national talk shows including Oprah, various CNN interviews and The Today Show. He has also been the subject of articles in national print media including *Newsweek*, *USA Weekend*, *Parents Magazine* and *Healthy Kids*. His book on tobacco prevention has been excerpted and syndicated nationally by *The New York Times* features. Dr. Schwebel authored a booklet for President Clinton's White House Council on Youth Violence, which was distributed to parents all across the county.

#### **Description & Audience for each part of the training series:**

The FY07 Seven Challenges training project begins with an **Introductory Briefing Meeting** and then an **Initial Training Seminar** in October 2006, to be followed by **Advanced Training** at a later date in 2006 for a select number of clinicians from Georgia provider organizations. Those selected for the Advanced Training will participate later in a two to three day leader-training event. These participants will then be qualified to train others on the use of The Seven Challenges Program.

#### **Initial Training Seminar**

The intended participants for the two day initial training seminar are those who provide direct clinical services for adolescents experiencing problems with substance abuse. While selected participants may also be supervising others, they should themselves be actively involved in providing services in order to be selected for this training. The applicant's organization may already be providing adolescent substance abuse treatment services or must be ready to commit to developing these services. The training is applicable for those working in the following settings:

- Outpatient treatment programs
- Adolescent group homes
- Crisis stabilization settings
- Outdoor therapeutic programs
- Hospital Child & Adolescent Units
- Long term substance abuse residential settings

**PLEASE NOTE:** all clinicians, who will be working with the Seven Challenges Program once it is implemented in their organization, **MUST** attend this two-day initial training. **This training event is NOT a train the trainer session.**

#### **Introductory Briefing Meeting**

There will also be a meeting held for those clinicians, administrators and public officials who wish to learn about the Seven Challenges, but are unable to participate in the initial training seminar at this time. The meeting will be held in Morrow, Ga. at Clayton State College and University the afternoon prior to the initial training seminar. The purpose of this meeting will be to provide an orientation about the Seven Challenges program and an opportunity to meet and hear Dr. Schwebel discuss this innovative, evidence-based approach to adolescent substance abuse treatment. Juvenile Court Judges, state and local officials, executive and program directors, professionals, the media and other interested parties are also invited to attend the introductory meeting.

### **Advanced Seven Challenges Training Program**

There will be a competitive application process for the Advanced Training. Anyone who participates in the Initial Training is welcome to apply. Details about the application process are included on Page 4 of this announcement, and additional information will be provided during the Initial Training Seminar in October.

### **Dates & Locations for each part of the series:**

<b>Date</b>	<b>Session</b>	<b>Location</b>	<b>Directions</b>
<b>Wednesday</b> <b>Oct. 18, 2006</b> 2:00 to 3:30	Introductory Briefing Meeting	<b>Atlanta-Clayton State College and University</b>  The location is the Continuing Education Center.	5900 North Lee Street <b>Morrow, GA 30260.</b>  The University is 1-½ miles off I-75  <b>For directions to this location, go to: <a href="http://www.clayton.edu/homefiles/maps.htm">http://www.clayton.edu/homefiles/maps.htm</a>. You may also use <a href="http://www.mapquest.com">www.mapquest.com</a> (or other mapping websites) for directions.</b>
<b>Thurs. &amp; Fri.</b> <b>Oct. 19, 2006</b> 9:00 to 4:00 & <b>Oct. 20, 2006</b> 8:00 to 3:30	Initial Training Seminar	<b>Atlanta-Clayton State College and University</b>  The location is the Continuing Education Center.	5900 North Lee Street <b>Morrow, GA 30260.</b>  The University is 1-½ miles off I-75  <b>For directions to this location, go to: <a href="http://www.clayton.edu/homefiles/maps.htm">http://www.clayton.edu/homefiles/maps.htm</a>. You may also use <a href="http://www.mapquest.com">www.mapquest.com</a> (or other mapping websites) for directions.</b>
<b>TBA later this fiscal year</b>	Advanced Training	<b>TBA</b>	

**CEUs:** Application for CEUs for the Initial Training Seminar will be made through the University of Georgia, School of Social Work for continuing education credits for Social Workers, Counselors, and Marriage & Family Therapists. Upon request, application can be made for Psychology CEUs. All others may utilize the certificate from the UGA School of Social Work for their attendance documentation. **No partial credits will be awarded.**

**Registration:** We are now accepting registrations for the following events:

- October 18, 2006 Introductory Briefing Meeting
- October 19-20, 2006 Initial Training Seminar

***The Division of MHDDAD reserves the right to select participants in order to ensure involvement of organizations statewide.*** Please register early as we expect the program will reach capacity quickly. Those who wish to participate in these events are asked to read the ***full*** announcement for details and prerequisites.

**Please register quickly and easily online at:**

**<http://www.cviog.uga.edu/training/dhr/>**

**OR YOU MAY FAX YOUR REGISTRATION USING THE REGISTRATION FORM ON PAGE 6.**

**The **registration deadline** for The Seven Challenges Initial Training Seminar and the Introductory Briefing Meeting **is October 6, 2006.****

**IMPORTANT NOTES:**

- Organizations that want to implement The Seven Challenges treatment model **must send all clinicians who will work with the model to the two-day Initial Training Seminar.**
- Participants in the Initial Training Seminar are expected to attend the full two days of training.
- Timely arrivals are encouraged and early departures discouraged. There will be adequate time allowed for lunch and breaks.
- *Cell phones, radios and pagers are to be turned off during the training.*
- It is expected that the organizations sending clinicians to be trained in The Seven Challenges will have arranged alternate coverage of consumer needs in order for there to be uninterrupted training time.
- To become approved to utilize the Seven Challenges treatment model, attendees must be present for 100% of the training on both days. Failure to comply with these requirements will result in not being approved to use the model and ineligibility to receive CEUs.

**Looking Ahead:**

**Prerequisites for Advanced Training:** Those applying to participate in The Seven Challenges Advanced Training later this fiscal year must meet the following requirements:

- The applicant must be actively involved in providing services for adolescents with substance abuse disorders.
- The applicant must be committed to implementing within their organization the material learned in the training and to teaching the program to other clinicians.
- The applicant's manager or director must submit a letter of application addressing the items outlined below:

**A letter from provider agency management for the Advanced Train the Trainer Seminar** must be received indicating the organization's commitment to this training. *The letter should be on organization letterhead from a senior manager in the organization who has managerial/supervisory responsibility for the clinician(s) who wish(es) to attend the Seven Challenges Advanced Training.* The letter should address the following points:

- State the name, title and summary of responsibilities of clinician(s) proposed to attend the training group. In what setting does this person provide direct services

to adolescent consumers? How will the selected staff person prepare for the training?

- How will the organization's management prepare for the training, support the clinicians receiving the training, facilitate implementation of practices learned during the training, and sustain the implementation after the training is completed?
- Describe the selected staff's interest and commitment to implementation of the intensive training. Selected participants should desire to participate. Identify selected staff responsibilities for implementing the learned practices during and after the intensive training group is completed.

Applicants will be asked to email or FAX the Letter of Application from Management to Forrest Burson at [RegistrationMHDDAD@dhr.state.ga.us](mailto:RegistrationMHDDAD@dhr.state.ga.us) or FAX to 404/463-4186. The deadline for submission of the applications/letters for Advanced Training will be announced on October 20 during the Initial Training Seminar.

**More Info:** While there is **no fee** for this training, participants are responsible for their own travel, meals and lodging arrangements. Because we are unable to guarantee temperature control of the training room, please dress in layers for your comfort. You may want to bring with you a light jacket or a sweater depending upon the weather.

**Contact:** If you have further questions about The Seven Challenges Initial Training Seminar and the Introductory Briefing Meeting, you may contact Forrest Burson, M.S.W., Training Coordinator II at 404/657-1143 or via email: [fbburson@dhr.state.ga.us](mailto:fbburson@dhr.state.ga.us) Fax: 404/657-2187. Registrations should be emailed to [RegistrationMHDDAD@dhr.state.ga.us](mailto:RegistrationMHDDAD@dhr.state.ga.us).

**Please Register Online at:**

<http://www.cviog.uga.edu/training/dhr/>  
or use **Registration Form on Next Page**



**B.J. Walker, Commissioner**  
**Gwendolyn B. Skinner, Division Director**

Georgia Department of Human Resources • Division of Mental Health, Developmental Disabilities and Addictive Diseases  
 Two Peachtree Street, NW • Suite 22.224 • Atlanta, Georgia 30303-3142 • 404-657-7857

**THE SEVEN CHALLENGES:**  
***Helping Adolescents Make Wise Decisions About Alcohol & Drugs***

Name: \_\_\_\_\_ Job Title: \_\_\_\_\_

Full Name of Your Organization: \_\_\_\_\_

Street/Mailing Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Telephone: \_\_\_\_\_ Fax: \_\_\_\_\_

Email address (please print): \_\_\_\_\_ @ \_\_\_\_\_

<b>CHECK ALL THAT APPLY:</b>		<b>DATES</b>
<input type="checkbox"/>	I request to attend the Introductory Briefing Meeting in Morrow, Ga.	October 18, 2006
<input type="checkbox"/>	I request to attend The Seven Challenges Initial Training Seminar in Morrow, Ga.	Oct. 19 & 20, 2006
<input type="checkbox"/>	I am interested in applying for the Advanced Training in 2006, and look forward to learning more during the Initial Training Seminar.	Dates not yet determined
<input type="checkbox"/>	For the Advanced Training in 2006, I have submitted a letter from my organization addressing the requirements outlined in the training announcement.	

**Do you wish to receive CEUs? If so, please indicate your profession:**

Social Worker	Professional Counselor	Marriage/Family Counselor
Addictions Counselor	Psychologist	Other

**Please indicate the MHDDAD Region(s) that your organization serves:**

Region 1	Region 2	Region 3
Region 4	Region 5	-----

**Register ONLINE at <http://www.cviog.uga.edu/training/dhr/>**

**FAX this form to 404 463-6808 Attn: Michael Moryc**

**For questions, contact Forrest Burson at 404/463-4186. Thank you.**